

Indoor Activities

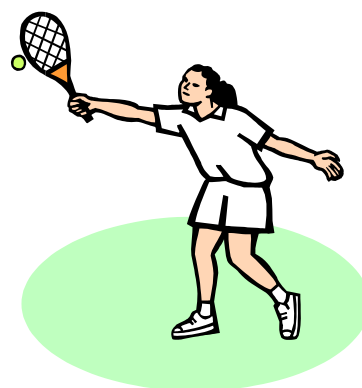
What can you do when the weather is bad outdoors?



- Rent an exercise video or borrow one from the library
- Exercise to a televised program
- Go to a gym or recreation center
- Too hot outside...take a swim at an indoor pool
- Put on some music and dance
- Go walk around the mall
- Look for sales or visit second hand stores for used exercise equipment

What can you do when there is no place to workout?

- Go for a walk around the mall
- Do indoor activities such as racquetball, tennis, roller-skating, bowling, etc. at a sports center/gym.
- Ask if your church has a physical fitness program
- Exercise at home using videos, food items such as water bottles and canned foods, around the house.
- Join your local YMCA or recreational center – usually inexpensive



What can you do when you have very little space?

- Use a chair for exercise
- Use the space of a mat
- Sit at your desk
- Take a walk outside

MOVE!